My Wellbeing Check

What this is: This sheet helps you look at different parts of your life and choose areas that could help you feel better. There are no right or wrong answers.

Moving my body

Think about:
How much do I move most days?
Does moving affect my mood or stress?
What kind of movement feels manageable?

One thing I could try:

Sleep and tiredness

Think about:
What time do I usually go to sleep?
Do I feel tired during the day?
What keeps me awake?

One thing I could try:

Food and energy

Think about:
Do I eat regularly?
When does my energy drop?
Does food affect how I feel?

One thing I could try:

Time to switch off

Think about:
What helps me calm down?
What do I do when I feel stressed?
Do I get any time to switch off?

One thing I could try:

Fun and interests

Think about:
What do I enjoy or used to enjoy?
What helps me feel okay?
What gets in the way?

One thing I could try:

People around me

Think about:
Who do I feel most comfortable with?
Who drains my energy?
Who could I talk to if I needed to?

One thing I could try:

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About this Resource

This My Wellbeing Check worksheet is a practical, child friendly tool that helps children, kids and young people reflect on different areas of their wellbeing and choose small, realistic changes that could help them feel better. It supports emotional wellbeing, self awareness and healthy daily routines without pressure or judgement.

The worksheet guides children and teenagers to think about everyday areas that affect mood, behaviour and energy levels, including sleep and tiredness, food and energy, movement, stress, time to switch off, fun and interests, and the people around them. Each section includes clear reflection prompts and space to write one simple thing they could try, helping children focus on manageable steps rather than feeling overwhelmed.

This downloadable PDF is suitable for use with children and young people who are feeling stressed, low in mood, tired or emotionally overloaded. It works well in schools, therapy, social work, mental health support, youth work and family settings. Parents, carers, teachers, social workers, counsellors and other professionals can use it to start supportive conversations and help children understand what affects their wellbeing.

The My Wellbeing Check worksheet is especially helpful for children and teens who find it hard to talk about feelings, recognise patterns in behaviour or notice how sleep, food, movement and relationships affect how they feel.